



Goffstown Allard Center Y- Lap Pool

116 Goffstown Road, Goffstown, NH (603)497-4663 www.yogm.org



ACTIVITY	MON	TUES	WEDS	THUR	FRI	SAT	SUN
Lap Swim (Ages 8-Adult)	5:45-9:30am (3) 9:30-10:05am (1) 10:05-4:30pm (3) 4:35-8:00pm (1) 8:00-9:30pm (3)	5:45-10:00am (3) 10:00-11:45am (2) 11:45-4:30pm (3) 5:30-8:00pm (1) 8:00-9:30pm (3)	5:45am-4:30pm (3) 4:40-5:10pm (1) 5:10-5:45pm (3) 5:45-8:00pm (1) 8:00-9:30pm (3)	5:45am-4:30pm (3) 4:30-8:00pm (1) 8:00-9:30pm (3)	5:45-9:00am (3) 9:30-10:05am (1) 10:05-4:30pm (3) 4:30-5:45pm (1) 6:40-8:00pm (1) 8:00-9:30pm (3)	7:45-8:30am (3) 8:30-9:30am (2) 9:00-5:30pm (3)	7:45am-3:45pm (3)
Open Swim Open to facility members	5:45-9:00am (3) 11:15-3:30pm (3) 3:30-4:00pm (2) 8:00-9:30pm (3)	5:45-7:30am (3) 8:15-9:30am (3) 11:45-1:30pm (2) 1:30-3:30pm (3) 3:30-4:00pm (1) 8:00-9:30pm (3)	5:45-9:30am (3) 11:15-3:30pm (3) 3:30-4:00pm (1) 8:00-9:30pm (3)	5:45-7:30am (3) 8:15-10:00am (3) 11:00-12:30pm (3) 1:30-3:30pm (3) 3:30-4:30pm (1) 8:00-9:30pm (3)	5:45-9:00am (3) 11:15-3:30pm (3) 3:30-4:30pm (1) 8:00-9:30pm (3)	9:30-1:30pm (1) 1:30-5:30pm (3)	7:45-9:00am (3) 9:00-1:15pm (1) 1:15-3:45pm (3)
Competitive Aquatics	4:30-5:45pm (3) 5:45-8:00pm (5)	4:30-5:45pm (3) 5:45-8:00pm (5)	4:30-5:45pm (3) 5:45-8:00pm (5)	4:30-5:45pm (3) 5:45-8:00pm (5)	4:30-5:45pm (3) 5:45-8:00pm (5)	6:00-7:45am (6) 7:45-8:30am (3) 8:30-9:30am (2)	NONE
Water Exercise	9:30-11:15am (3)	7:30-8:15am (3) 10:00-11:45am (3)	9:30-11:15am (3)	7:30-8:15am (3) 10:00-11:00am (3)	9:30-11:15am (3)	NONE	NONE
Swim Lessons	9:00am-10:05am (2) 3:30-4:00pm (1) 4:00-4:35pm (3) 4:35-5:45pm (2)	9:30-1:30 (1) 3:30-4:00pm (2) 4:00-5:30pm (3)	12:30-1:30pm (1) 3:30-4:00pm (2) 4:00-4:40pm (3) 4:40-5:10pm (2)	12:30-1:30pm (3) 3:30-5:30pm (2)	9:00-10:05am (2) 3:30-5:35pm (2) 5:35-6:40pm (1)	8:30-1:30 (2)	9:00am-1:15pm (2)

() Denotes the number of lanes available for each activity.

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**** This schedule valid until June 1st. After that the Y's hours change and there will be a new schedule to reflect those changes.****